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Herbed Shrimp and White Bean Salad



Photo: John Autry; Styling: Cindy Barr

Shrimp are star of this main course salad that is full of colorful veggies and topped with a lemon juice vinaigrette.

★★★★★ *Outstanding*

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Yield: 4 servings (serving size: 2 cups)



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Recipe Time

Cook Time: 30 Minutes

Nutritional Information

Amount per serving

Calories: 326

Fat: 15.7g

Saturated fat: 2.1g

Monounsaturated fat: 9.2g

Polyunsaturated fat: 3.3g

Protein: 28.9g

Carbohydrate: 17.4g

Fiber: 4.8g

Cholesterol: 172mg

Iron: 4.5mg

Sodium: 494mg

Calcium: 136mg

[Nutrition Guidelines for Healthy](#)

Ingredients

- 1 red bell pepper
- 4 cups arugula, loosely packed
- 1/2 cup thinly vertically sliced red onion
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 (15-ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- Cooking spray
- 1 pound peeled and deveined large shrimp
- 2 tablespoons pine nuts, toasted

Preparation

1. Preheat broiler to high.
2. Halve bell pepper lengthwise; discard seeds and membranes. Place halves, skin sides up, on a baking sheet. Broil 12 minutes or until blackened. Seal in a paper bag. Let stand 5 minutes. Peel; chop. Combine bell pepper and next 6 ingredients (through beans). Combine rind, juice, garlic, oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Sprinkle

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shrimp with remaining salt and pepper. Cook 2 minutes on each side or until done. Add shrimp, lemon mixture, and nuts to arugula mixture; toss.

Tiffany Vickers Davis, *Cooking Light*
AUGUST 2011

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Ratings and Reviews (3)

Outstanding
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lilsnack8

Excellent, and super easy. I used an arugula and spinach mix, and I added 1/8 cup of feta crumbles per serving. YUM.

Outstanding 08/19/11

Modobie

Just finished this surprising salad and enjoyed it so much I had to write a review! I receive these recipe suggestions at work, so I can hit the market on my way home if something sounds especially good... this did. I had everything on hand except the shrimp; this is where an herb garden comes in handy! Following the recipe to the letter, it did not disappoint, I will make it again and not change a thing. The taste was lemony and fresh, and not fishy in the least. Five stars from this family!

Outstanding 08/10/11

lennyJ

Loved this recipe. Didn't have arugula or pine nuts, but substituted mixed greens and did not miss the nuts. The shrimp and the roasted red peppers were the star of the dish. Would definitely make again. This issue of CL has some great dishes.

Worthy of a special occasion 07/24/11

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COURSE: Main Dishes, Salads | CONVENIENCE: Family | CUISINE: American | MAIN INGREDIENT: Shellfish
COOKING METHOD: Broil | PUBLICATION: Cooking Light

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